



# LAKE SIDE COMMUNITY CENTER

A C T I V I T Y   &   P R O G R A M   G U I D E

**Parks  
Make  
Life  
Better!**<sup>SM</sup>



**WINTER/SPRING 2012**

CREATING COMMUNITIES THROUGH PEOPLE, PARKS AND PROGRAMS

[WWW.SDPARKS.ORG](http://WWW.SDPARKS.ORG)



## COMMUNITY CENTER INFORMATION

### Register Now! Winter/Spring Session



**Online Registration:** You can register online for activities at no additional cost using a Visa or MasterCard. The mouse icon indicates which activities are available for Internet Registration. Please visit [www.sdparks.org](http://www.sdparks.org) and click on the online registration icon or go to Community and Teen Centers Online Registration. You will then be directed to the online registration program. Follow the instructions and in minutes, from the comfort of your own home, you will be registered for your favorite activities.

**Register in Person:** Register at the Lakeside Community Center office, located at 9841 Vine St., Lakeside. We accept cash, check, Visa or MasterCard.

**Register by Phone:** Register over the phone by calling (619) 443-9176. We accept Visa or MasterCard over the phone.

**Refunds:** Fees are refunded or credit offered only if an activity is cancelled for lack of participants.

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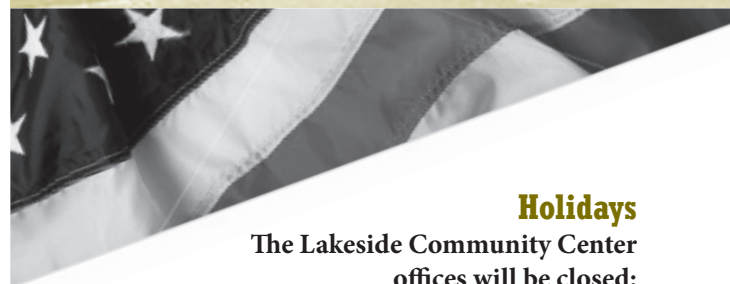
**The Lakeside Community Center**  
9841 Vine St. Lakeside, CA 92040  
(619)443-9176



### Hours of Operation

Mon. - Fri.  
12:00 pm - 8:00 pm  
Sat. - Sun  
Private Events

[www.sdparks.org](http://www.sdparks.org)  
[www.facebook.com/lakesidecommunitycenter](https://www.facebook.com/lakesidecommunitycenter)



### Holidays

The Lakeside Community Center  
offices will be closed:  
Jan. 16, MLK Day  
Feb. 20th, Presidents Day  
Mar. 30th, Cesar Chavez Day  
May, 28th, Memorial Day



## COMMUNITY CENTER INFORMATION

### DIRECTOR'S MESSAGE

Welcome to the Lakeside Community Center! As the new Supervisor here I am enjoying meeting people of all ages who come and go each week and who are benefiting in some way, because we are here. From the young ones who come for A Child's Center of Wonder & Discovery preschool to seniors who come in to get a hot lunch, enjoy an activity and fellowship with friends. Seeing the teens that enjoy the REC Club teen center and local families coming in to plan their special gatherings are all a blessing to me. It has also been a blessing to see all the volunteers who have given their time to make this a better place for people to enjoy. I am proud to be a part of this organization and this community. I hope that you will come by to visit the Lakeside Community Center soon to see for yourself what makes this place special and maybe make some memories of your own.



Sincerely,  
Kristin Roundy  
Lakeside Community Center Supervisor

### LIVE A HEALTHY LIFE



The "Live a Healthy Life...Recreate!" logo identifies activities, programs, and events that offer a health and wellness benefit to the participant. Look for the logo throughout the program guide to help you choose what is right for you.

### Local Phone Number Directory

#### Emergency Numbers

Sheriff Emergency	911
Poison Control	(800) 876-4766
SDG&E Emergency	(800) 611-7343

#### County Parks and Recreation Offices

Lakeside Community Center	(619) 443-9176
County Parks & Recreation	(858) 694-3030
Lakeside REC Club	(619) 443-4169
Lindo Lake Park Information	(858) 966-1361

#### County/Government

Lakeside Library	(619) 443-1811
Lakeside Union School District	(619) 390-2600
Animal Control	(619) 263-7741
Lakeside Sheriff Non-Emergency	(858) 565-5200
Lakeside Fire Protection District	(619) 390-2350
Elder Law & Advocacy	(858) 565-1392 x228

#### Other Organizations

Lakeside Chamber of Commerce	(619) 561-1031
AYSO	(619) 507-2399
Lakeside Boys & Girls Club	(619) 443-9293
Neighborhood Health Clinic	(619) 390-9975

#### Utilities

SDG&E	(800) 411-7343
Lakeside Water	(619) 466-3805
Riverview Water	(619) 561-1333

#### Lakeside Community Center Staff

Supervisor	Kristin Roundy
Program Coordinator	Josh Bugiel

#### Office/Building Staff

Helen Porter  
Amber Blackman  
George Shaw  
Erin Ford  
Giancarlo Vargas  
Gene Rosales

#### Preschool Director

Harriet Whitmore

#### Preschool Teachers

Star McFarland  
Tyla Faris  
Cheryl McGee  
Alli Whitmore  
Lisa Welch

7th Annual

# It's How We Live!

FREE COMMUNITY FESTIVAL FOR THE ENTIRE FAMILY

## FEATURING:

Games and Activities  
Rock Climbing Wall  
Live Entertainment

Information Booth  
Healthy Food Samples  
Health and Dental Screenings  
Prizes and Giveaways

Parks  
Make  
Life  
Better!

FREE

Saturday, March 24, 2012  
9:00 a.m. - 1:00 p.m.

Immediately following  
Run for the Arts

Lindo Lake Park (ballfield)  
9841 Vine St.  
Lakeside, CA

A SMOKE FREE EVENT

GO PLAY, GET FIT,  
**BE HEALTHY.**



**LAKESIDE**  
COMMUNITY COLLABORATIVE



For More Information Call: (619) 443-9176

Contact the community center office for more event details

9841 Vine Street, Lakeside, CA 92040 | (619)443-9176



## CHILD ENRICHMENT

A Child's Center of Wonder & Discovery preschool admits students of any race, color, national and ethnic origin to all the rights, privileges, programs, and activities generally accorded or made available to students at the school. It does not discriminate on the basis of race, color, national and ethnic origin in administration of its educational policies, admissions policies, scholarships, and loan programs, and athletic and other school-administered programs.

### **Ongoing Registration.**

**Classes continue through June.**

#### **Classes for 3 & 4 year olds**

child must have turned 3 by December 2, 2011

Tues/Thurs: 8:30 - 11:30 a.m \$145/month

Wed/Fri: 8:30 - 11:30 a.m \$145/month

#### **Classes for 4 & 5 year olds**

child must have turned 4 by Dec 2, 2011

Tues/Thurs: 8:30 - 11:30 a.m \$145/month

Mon/Wed/Fri: 8:30 - 11:30 a.m \$212/month

Tues/Wed/Thurs: 12:30 - 3:30 p.m \$212/month

Mon-Fri: 8:30 - 11:30 a.m \$350/month

#### **\* Partial scholarships available. Ask for application**

Registration fee is \$40 per school year. Please call Harriet Whitmore for a tour, 619-443-2696 or check out our web site at [www.wonderanddiscovery.com](http://www.wonderanddiscovery.com). Lic. # 376700063

### **A Child's Center of Wonder & Discovery**

#### **A non-profit preschool program**

We are an enrichment Preschool. We are well-known for our outstanding Curriculum, our teacher to child ratio and amazing classroom environments that are specifically designed to:

- Stimulate growing minds & encourage PROBLEM SOLVING
- Build CONFIDENCE for continued SUCCESS in school
- Promote CREATIVITY and INDIVIDUALITY
- Lead children to discover that learning is EXCITING
- Instill a LOVE of learning
- Help Preschoolers become CAPABLE Kindergarteners



## YOUTH PROGRAMS

### Classes by Gym Trix



These classes include gymnastics, tumbling, basic motor skills, creative movement, and all-around fitness in a fun format that will offer your child new enthusiasm for a physically active life! Children will use mats, ropes, balls, balance beams, and other equipment. Help your child increase flexibility, fitness, coordination, self-esteem, and confidence. Please note, parents must remain outside the room during class.

**Days:** Tuesdays

**Dates:** Monthly Sessions

**Fee:** \$40/month

#### Wee Gymnastics

This is a half hour parent participation gymnastics class. Students and parents will go over basic gymnastics skills as well as games.

**Time:** 5:45-6:15 p.m.

**Ages:** 1-2

#### Kindergym 1

This 45 minute gymnastics class will go over elementary gymnastics skills on the floor, low balance beam, and mini bar.

**Time:** 5:00-5:45 p.m.

**Ages:** 3-5

#### Kindergym 2

This advanced level gymnastics class will progress gymnastics skills on the floor, low balance beam, and mini bar. Registration for Kindergym 2 requires prior approval from instructor..

**Time:** 6:15-7:00 pm

**Ages:** 4-6

#### Tumbling1

This class will go over basic tumbling skills such as rolls, cartwheels, handstands and limbers, as well as beginning cheer skills. Please wear athletic shoes to class.

**Time:** 3:30-4:15 p.m.

**Ages:** 6 & up

#### Tumbling 2

This advanced level class will go over tumbling skills such as bridge kickovers, back handsprings and round off back handsprings, as well as advanced cheer skills. Please wear athletic shoes to class. Registration for Tumbling 2 requires prior approval. from instructor

**Time:** 4:15-5:00 p.m.

**Ages:** 6 & up



### Karate by Guzman Tang Soo Do



Our students build confidence and are taught respect, self-control and how to set and achieve goals. Students are taught self-defense in blocking, deflecting energy, striking, kicking, controlling opponents, and escape tactics. Our instructors are highly qualified in proper technique, teaching, and encouraging kids in a friendly, but disciplined, manner. Families are encouraged to participate together and discounts are offered for additional family members.

**Dates:** Monthly Sessions

**Days/Time:** Tuesdays 7:00-8:00,

Wednesdays 4:00-5:30, Fridays 5:00-6:30

**Age:** 6 & up

**Fee:** \$5 a class paid in monthly increments of \$60

### Little Dragons



Little Dragon Martial Arts is designed to introduce 3 to 6 year olds into martial arts. Children are taught to sit, pay attention and control themselves in a positive manner. Martial arts training for 3 to 6 year old children will improve hand/eye and footwork coordination through exercises designed specifically for their age. They will also learn the basic principles of martial arts while having fun.

**Dates:** Monthly Sessions

**Days:** Fridays

**Time:** 4:00-5:00

**Age:** 3-6

**Fee:** \$40 per month





## YOUTH PROGRAMS / HEALTH & WELLNESS

### Adult Tennis Lessons



**Dates:** Beginning in January  
**Days/Time:** Wednesdays 9:00 a.m - 10:00 a.m  
**Ages:** 18 and up **Fee:** \$10 per class paid monthly

### Soccer Shots



Soccer Shots is the premier intro to soccer for children ages 3-6 years old. We engage the children with fun and imaginative games that incorporates character lessons and life skills along with learning the soccer skill. We strive to build confidence in the child and allow their love of sports to develop naturally.

**Dates:** Jan. 19 - Mar. 19 & Apr. 16 - Jun. 18  
**Days/Times:** Mondays; 3-6 yrs 4 p.m. & 7-10 yrs. 5 p.m.  
**Fee:** \$99 per 9 week session

### Intro To Music

In this class students will learn the basics of playing a musical instrument: the recorder! We will explore reading music and playing fun songs. At the end of the class we will have a small recital for students to show off their skills. Students will be provided with a recorder, which will be theirs to keep at the end of the course.

**Dates:** Feb. 2nd - Mar. 22nd **Ages:** 5-7 yrs.  
**Days/Times:** Thursdays 3:30-4:15 p.m. **Fee:** \$65 w/\$7 material fee

### Vine Street Dental Clinic

**A healthy smile is part of a healthy body. Every child needs a dental and medical home.**

Neighborhood Healthcare Lakeside Dental Services  
 10039B Vine St., Lakeside, CA 92040 | (619) 390-9135



### Pickleball



Pickleball is a fun game that is played on a badminton court with the net lowered to 34 inches at the center. It is played with a perforated plastic baseball (similar to a whiffle ball) and wood or composite paddles. It is easy for beginners to learn, but can develop into a quick, fast-paced, competitive game for experienced players. Join us for fun, friends, and lots of laughter!

**Days:** Tuesdays,  
 Thursdays  
**Time:** 2:00-6:00 pm  
**Ages:** 18 & up  
**Fee:** \$2

### Tumble Wee & Dance Classes



**Parent/Tot intro to dance:** Designed for young dancers between the ages of 2-3 yrs. Parent participation is required. Dancers will develop balance, coordination, and learn simple dance techniques. Ballet and tap shoes are required.

**Tiny Tot beginning dance & movement:** Tiny Tots will learn the basics of dance as well as develop key motor skills for their age group. Leotard w/ tights and hair pulled back is required along w/ ballet & tap shoes.

**Days:** Thursdays  
**Fee:** \$40  
**Dates:** Monthly Sessions  
**Times:**  
**Parent/Tot** 5:30-6 p.m.  
**Tiny Tots** 5:00-5:30 p.m.  
**Ages: Parent/Tot:** 2-3 yrs.  
**Tiny Tots:** 3-6 yrs.



## HEALTH & WELLNESS

### Zumba



Zumba is the Latin inspired, easy to follow, calorie burning, feel it to the core, fitness party. You will get a marvelous workout and condition all muscles while having fun. Join the party!!!

**Days/Times:** Mondays – 12:30-1:30 pm  
Thursdays – 6:00-7:00 pm

**Ages:** 13 & up

**Fee:** \$6 per class when  
registering for monthly session or  
\$7 per class drop in fee .

### Boot Camp Fitness



Are you having trouble getting motivated, are looking to get off that plateau or are wanting to change up your workout routine? This class is appropriate to all fitness levels, as you can set your own pace. However, the class will be taught at a moderate fitness level, and will include flexibility, strength, aerobic conditioning, balance, speed and agility training. Must be 14 years or older in order to enroll in this class.

**Dates:** Monthly Sessions

**Days/ Time:** Tues and Thurs 6:00 p.m - 7:00 p.m

**Ages:** 14 and up **Fee:** \$40 per 4 week session  
Adult

### Walking for Fitness



**Dates:** Jan 3rd - Mar 30th

**Days/ Time:** Tues/Wed/Thurs  
7:30 a.m - 9:30 a.m

**Fee:** Free

### Exercise and Fitness



**Dates:** Mondays/Wednesdays  
Jan 3rd - Mar 30th

**Days/ Time:** 1:15 - 3:45 p.m

**Location:** Meyer Hall

**Fee:** \$10 Register with Instructor

### Libre Self-Defense Academy



We have developed a comprehensive and affordable program. Areas of study include basic self-defense, blocking, striking, escaping from common holds, protecting yourself on the ground, and confronting multiple opponents. Our classes are taught in a positive and constructive environment. We offer a belt-ranking system, to keep our students motivated.

**Instructor:** Scott Babb

**Days:** Mondays & Thursdays

**Time:** 6:30-7:45 p.m.

**Ages:** 18 & up

**Location:** Main Hall

**Fee:** \$30/month for one class per week, \$60/  
month for two classes per week

For registration or more information,  
email Scott at librefighting@yahoo.com.

### Tai Chi



This Chinese martial art promotes health and longevity.

**Instructor:** Ben Rainer

**Days:** Tuesdays & Thursdays

**Time:** 12:00-1:15 p.m.

**Location:** Moreno Room

**Fee:** No Fee

### Line Dancing



For all levels of students.

**Instructors:** Cathie Lopez

**Days:** Mondays

**Dates:** Monthly Sessions

**Time:** (Beginner class) 6:00-7:00 pm  
(Intermediate class) 7:00-8:00 pm

**Location:** Moreno Room

**Fee:** \$6 per class

For more information, email instructor at  
cathie.lopez@gmail.com



## OLDER ADULTS DAY TRIPS

All trips include transportation from the Lakeside Community Center to our destination, and back.

**The Indio Date Festival** is the longest running annual festival in the city of Indio. Join us as we spend a day at the date festival for the blessing of the dates! Then, stick around for the fun and wacky camel and ostrich races. Fun, food, and games are sure to be a part of this amazing trip!

**Date:** February 24th

**Fee:** Call the community center office for price (619)443-9176

### The Price is Right!

Join us for a fun trip to a live taping of The Price is Right! Be part of a live studio audience for one of TV's longest running hit shows. You might even win a new car!! So come on down, and get ready for the Price is Right! Space is limited, so make sure to sign up as soon as possible.

**Date:** April 24th

**Fee:** Call the community center office for price (619)443-9176



### Borego Springs Wild Flowers

Beautiful skies, and chocolate covered mountains will surround you on this trip as you take in the gorgeous wild flowers of Borego Springs. This trip will include a picnic lunch and a stop in Julian. Also, don't forget the stop at Dudley's Bakery on the way home!

**Date:** March 9th

**Fee:** Call the community center office for price (619)443-9176

### Palm Springs Follies

Join us for one of our most successful and requested trips, the Palm Springs Follies! You're sure to have a blast with the only show that keeps the spirit of the 40's, 50's, and 60's alive with the music, dance, and comedy of those eras.

**Date:** May 16th

**Fee:** Call the community center office for price (619)443-9176

### Painting

**Date:** Jan 3rd - Mar 30th

**Days/Time:** Wednesdays 12:00 p.m - 2:45 p.m

**Fee:** \$15 Register with the instructor

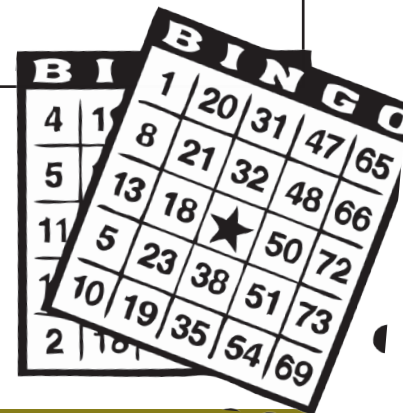
### Bingo



**Days:** Monday - Friday

**Time:** 1:00-2:00pm

**Fee:** Donations (white elephant) for prizes.



## NUTRITION PROGRAM BY THE SALVATION ARMY

### Lunch

A delicious and nutritious meal offering items from all the food groups.

**Days:** Monday thru Friday

**Time:** 12:00-12:50 pm

**Fee:** \$4 suggested donation for seniors 60 & over \$6 for non-seniors

**Location:** Main Hall

## LAKESIDE MEETINGS

### Lakeside Planning Group

1st Wednesdays at 7:00 p.m. in the Moreno Room.

**Contact:** Linda Strom (619)818-0741 or  
soslindas@gmail.com

### Lakeside Design Review Board

2nd Wednesday at 7:00 p.m. in the Moreno Room.

**Contact:** Robin Clegg (619) 561-3942  
or rcrusha@cox.net

### Lakeside Revitalization Group

Contact: Patricia Picazo, 858-694-4806.

### Chamber of Commerce

1st Monday of the month, 6:30-8:30 p.m. in the  
Lakeshore Room (619) 561-1031

### Lakeside Community Collaborative

Meeting Dates: 4th Monday of each month. Times:  
3:00-4:30 p.m. Location: Lakeside Union School  
District Office. contact Nancy Fink at (619) 820-7653  
or nfink@sdcoe.net

### Seven San Diego Church

Catch us every Sunday at 9:30 and 11:00 am in the  
Lakeside Community Center. The only requirement is  
NO PERFECT PEOPLE ALLOWED:) We  
have nursery through High School programs every  
Sunday. Come join us and relax! We've got Starbucks  
Coffee. Visit our website at [www.sevensdchurch.com](http://www.sevensdchurch.com)  
for a preview or call us at 619-977-9277.

### AA Meeting

**General Meetings** Tuesdays, Wednesdays, and  
Thursdays at 5:30 p.m. in the Lakeshore Room

### Women's Meetings

Wednesdays at 7:00 p.m. in the Lakeshore Room

### WIC

**Dates:** Jan. 5th & 19th  
Feb. 2nd & 16th  
Mar. 1st & 15th  
Apr. 12th & 26th  
May 3rd & 17th

**Time:** 8:45-11:45 a.m. and 12:30-3:30 p.m.  
For more information call 1(800) 500-6411

## REC CLUB/TEEN ACTIVITIES



**Hours:** 2:00 p.m - 6:00 p.m

Closed March 31st - April 6th

**For more information:**

Ryan Flickinger Program Coordinator  
9911 Vine St. Lakeside, CA 92040  
619-443-4169

The Lakeside REC Club demonstrates how the County of San Diego Department of Parks and Recreation makes a positive difference in the lives of youth. The goal of the REC Club is to provide a safe, fun, positive environment that is free of violence, drugs, prejudice, and racism. To achieve this, the club offers opportunities for middle and high school youth to grow through physical fitness, art expression, leadership roles, community service, and education activities while enhancing their self-esteem, communication skills, problem solving ability, and community involvement. The fundamental objective of the program is to succeed in life. Encourage youth to take a proactive role toward leading healthy lives free of drugs and violence.

### Weekly Activities Include:

- Arts and crafts
- Homework assistance
- Tutoring
- Counseling services
- Nutrition workshops
- Video production
- Leadership groups
- Diversity training
- Team building initiatives
- Community service projects
- Talent shows
- High school only events
- Dance, fitness, cooking, ceramics
- Guitar, computer, and DJ classes



### Outdoor Adventure Program

The County of San Diego's Teen Outdoor Adventure Program allows REC Club participants an opportunity to experience the great outdoors through multiple outdoor adventure trips. The program is free and open to REC Club participants with regular attendance and good behavior. The program focuses on health and wellness, team building, environmental education, community service, leadership skills development, career development. Participants are able to experience their success in the moment, whether it is riding 16 miles on a bike, canoeing for 32 miles down the river, conquering a hill while backpacking, sleeping in a tent in the wilderness, pushing themselves to climb a rock climbing route when they are afraid of heights, or surf in the ocean which is new and unfamiliar to them, they are able to see immediate and positive results in the risks they take. Outdoor Adventure Programs are offered year round.

### REC Club Skatecrew

The Lakeside REC Club is currently forming a Skatecrew!!! The goal of the skatecrew is to create awareness about skateboarding in Lakeside and will be the youth voice for the proposed skatepark. The group meets on Fridays to watch and create skate videos, compete in skate competitions, create concepts for the proposed skatepark and in return take free trips to local skate spots to get inspired. Skatecrew is open to youth ages 10 to 17 and all skill levels.

#### Skatecrew

Fridays 4:00pm – 5:00pm



### Energy Saving Adventures

Energy Saving Adventures (ESA) is the new REC CLUB perspective, taking charge of our future in resource conservation. The daily after school program inspires and empowers youth to create change in the world around them. From film to tournaments and experiments to projects, each day teens tackle important concepts through an Energy Saving Adventure. Once a month we dive in deeper and experience conservation first hand. Field trips vary from surfing and rock climbing to hitting up our local museums. This is the new "REC CLUB unplugged"

ESA activities are included  
daily 3:00pm - 5pm



### Audio/Visual Production

The Lakeside REC Club has recently upgraded its music room. The new upgrade includes professional equipment that allows for studio quality audio/visual projects. Whether its your first time or you are and experienced DJ, there is something for everyone. Come learn what all the NOISE is about!!

**Monday-Friday**

**3:00pm - 6:00pm**



## THE LAKESIDE COMMUNITY CENTER



**W**ith seating for up to 250 guests, our fully air conditioned auditorium is a convenient, attractive and economical place to have a party of any kind. We offer a full commercial kitchen, tables & chairs, sound system with microphones and a projector. So whether you hire the help, or do it yourself, you'll have all the tools, support and space you'll need to host an event that your guests will rave about!

COMMUNITY CENTER ROOM	MAIN HALL (WEEKEND)	4650	300	\$650/150*	\$500/ \$125	\$300	\$150
	MAIN HALL (WEEKDAY)	4650	300	\$150	\$125	\$150	\$100
	STAGE	880	30	\$55	\$30		
	KITCHEN (WITH AUDITORIUM ONLY) FLAT-FEE			\$105	\$80	-	-
	MORENO ROOM	1638	90	\$95	\$60	\$100	\$75
	LAKESHORE ROOM	510	30	\$23	\$15		
	SQUARE FOOTAGE		CAPACITY	PRIVATE FUNCTION /COMMERCIAL USERS	NON PROFIT ORGANIZATIONS/SCHOOLS/ ONGOING RENTALS	DEPOSIT	TABLE & CHAIR RENTAL FEE

4 hour minimum for room rentals on weekends (Friday-Sunday). Includes 3 hours of set up time and 2 hours of clean up time. Security fee may also apply.

\*Main Hall - 4 hours at the first rate. Each additional hour is at the second rate